

## **Week 11 - What is Right Relationship....and how in the hell do I get one!**

We are now eleven weeks into our course and at this point you are seeing all the ways in which most of us were moved out of an internal focus of relationship, to a completely external focus as a way to meet our internal needs. Simply said, our own feelings, and our own needs, as well as, how to best meet those needs was not on the radar. We learned very young to look “outside” of ourself to have our needs met. Of course, this is not at all aware to us as this happens. And we live in that unawareness throughout our lives, until after enough suffering and confusion, some of us begin to ask the questions.....

Why do I feel so empty?  
Why am I crippled with anxiety?  
How can I end this depression?  
Why are my relationships not working?  
Why do I stay in a job I hate?  
Why am I exhausted and overworked?

For some of us.....about 10 percent, these questions will lead us to turning our eyes internal, often for the first time. And we begin to investigate. We enter the rabbit hole, where the terrain is unfamiliar and feels treacherous.

Each one of you is a part of that 10 percent. You wouldn't be in this course if you weren't. Each one of you came to a place of being aware of your own suffering. And as that awareness grew, your own intuition began to call you “in”.

***Go back to the beginning of your personal investigation. Can you find the times in which your own suffering pulled you “in”. Can you identify the call of your own intuition? What questions did you ask yourself? What surrender was needed to buy the first book, to enter the first class, to make the call for a therapist? These were all the makings of your own internally loving right relationship.***

### **What is Right Relationship?**

The first thing to understand is that “right relationship” is not to be thought of as a duality. This isn't about “right vs. wrong”. In order to be completely in “right relationship” requires the release of moralistic views and/or judgement. Instead, there is only moving deeply within yourself, from your own center, grounded in what is true and loving, in harmony with all that you feel, need, and intuit. This concept of rightness, is about breaking yourself away from living life from an unaware place of living out the “cellular memory” discussed in our first lesson, and instead bringing yourself in alignment with your natural state of “cellular knowing”. Your own intuition. In right relationship, you are of no more value than the grass you walk on, and you are of no less value than the highest of the spiritually enlightened. To be in right relationship you bring the divinity within, to all that is your own humanity. You move with a loving heart as your truest compass, in guiding you in all of your actions. Right relationship demands that you are committed to protect and nurture all that is “with in”, as well as all that is “with out”. Your internal right relationship then emits to all that is external....your relationships, your community, your environment, etc.

### **How the hell do I get one?!**

I love the statement ..... In Right Relationship, “you move with a loving heart, as your truest compass, in guiding you in all of your actions”. Just imagine the changes possible in our world if that could become the overriding purpose of every human. So often in sessions, a client will state that they are desperately searching for their life's purpose. But the truth is, doing this work IS your life's most important purpose. All shifts needed will come simply from your commitment to your own personal rabbit hole, finding the ways in which you were turned away from your own divine being, and bringing that back into the relationship with your own humanity. What if every person lived purposely and in full awareness to knowing themselves as “fully human, fully divine”?

And so, let's begin to pull together some of the aspects of the class to see what to do now. How can we begin to re-parent ourself in an effort to find and reconnect to our own divinity? How can we work with the “cellular memory” that has been the unaware way of living life and transform that to a more secure attachment that is based in “cellular knowing”, or divinity, and allow that divinity to be the truest compass we commit to live by?

### **What is Secure Attachment in parenting?**

As a reminder from previous lessons, secure attachment is an ongoing partnership between a parent and a child, but it doesn't mean having a goal of being the perfect parent. When we try to be the perfect parent, we are focusing on a

dualistic, moralistic, and judgmental belief of parenting. Can you see that this external view of parenting then becomes another avenue for how to avoid the parent's own fear and shame of not being the **best** parent? This actually is not a loving relationship with the child at all!

Secure attachment in parenting means that the parent uses their own intuition to understand their child's cries, interpret their signals, and respond to the needs for food, rest, love, and comfort. And as the child grows, secure attachment parenting will allow for mistakes, feelings, and encourage self awareness, boundary, and self soothing in relationship to all that is "in" and all that is "out".

## **The Process of Reparenting; Ask the question, *What is Loving?***

### **1. Know your feelings, and your needs, and work to meet your own needs.**

The most difficult questions that can be asked in this work as we begin are...What am I feeling?, What do I need? How can you meet your own need? Most of us will become very uncomfortable as we realize we have no idea how to answer those questions. That is simply because, we learned very young that our parents most often required us to shut down a feeling, and to not have a need. And so as adults, to know our feelings and needs is an unused muscle. The feelings and needs are still there. And so, ask the question. Is it loving to not know our own feelings and needs? The answer when asked that way is obvious.....of course, it's not loving. And so, **step one: commit to knowing your own feelings and your own needs. Investigate loving ways to meet those needs.**

### **2. Investigate your relationship with your basic needs and ask is it loving?**

Ask yourself the following questions regarding your basic needs. Your relationship with food, alcohol, exercise, rest, play, etc. were all formed through the relationship your parents had with you as children. And so, although difficult, one of the most loving aspects of reparenting ourselves is to investigate deeply our own internal relationship and beliefs around these basic needs as adults. As you peruse these questions, feel for the internal critic, the internal judgement that adds to our own shame. Look for the ways in which we feel we are of less value, and where we feel more value. Look for the ways we learned to feel special and more value. Remember, that right relationship is a process in which we surrender ourselves to an internal compass that is ultimately loving. So let's investigate the critic, the judge, and the special, leaning into the idea, that none of those aspects....the critic, the judge, the less than, the more than.... are part of the truest parts of our internal loving compass. To simply "see" opens us to the truer aspects of "what is loving".

As you read these questions, first read them, listening for your critic, judge, or pride. Then, read again, but this time read with the insertion of the part of you that can see the critic, the judge, the pride, without joining it. In other words, practice using your internal loving parent, that has nothing but an open and loving heart. If these questions don't apply to you, add your own questions.

#### **Food:**

Do you starve yourself?  
Do you eat the wrong foods?  
Are you strict and controlling in what you eat?  
Do you over indulge?  
Do you eat or starve your feelings?  
Do you drink excessively?  
Do you only eat what is "good" for you?  
Do you strive to have a balanced diet?

#### **Sleep:**

Do you get enough rest, too much rest?  
Do you use sleep as a way to avoid feelings?  
Are you overly anxious about sleep?

#### **Work/Play:**

Do you over work?  
Do you have a career?  
Do you avoid activity, work?  
Do you volunteer?  
Do you feel a sense of play at home, or in your work?  
Do you make time for enjoyment?  
Do you love your work, do you hate your work?

**Physical Health and Body Image:**

Do you avoid looking at your body/physical image?

Do you obsess about your body/physical image?

Do you exercise?

Do you exercise with demand and control?

Do you avoid anything physical?

These are just a few of the aspects of self that hold the keys to the feelings and belief systems that we formed as children. As you read the questions, could you feel the questions that activated the judge, or the sense of less value in you? Could you feel the questions that activated feelings of being special, or more value in you? How about when you re-read, with the internal and loving parent? Did it feel different?

In the process of re-parenting, each of these awarenesses shed more light on your experience as a child. In right relationship, our job is to continue to see more deeply that the feelings, and belief systems we learned as children are not who we are. We are not the food we eat, or the feelings we attach to the food. We are not the sleep we get, or our feelings about the sleep. We are not the body image, or the feelings we have about our body. We are not the work we do, or don't do. And of course, we are! But the part that is, is our humanity, The part that is not any of it, is our divinity. The loving process of re-parenting is to now bring "what is", to the "what is not". The fully divine, to the fully human.